

Prevention programs for children—ISDH

Women, Infants, and Children (WIC)

WIC safeguards the health of low-income women, infants, and children up to age five who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. WIC provides approximately \$112 million in food benefits annually.

The WIC target population is low-income ($\leq 185\%$ FPL) and those nutritionally at risk, including:

- Pregnant women (through pregnancy and up to six weeks after birth or after pregnancy ends);
- Breastfeeding women (up to infant's 1st birthday);
- Non-breastfeeding postpartum women (up to six months after the birth of an infant or after pregnancy ends);
- Infants (up to 1st birthday)—WIC serves 45% of all infants born in the United States;
- Children up to their 5th birthday.

WIC participant benefits include:

- Supplemental nutritious foods
- Nutrition education and counseling at WIC clinics
- Screening and referrals to other health, welfare and social services
- Breastfeeding promotion and support including the provision of breast pumps

The Emergency Food Assistance Program (TEFAP)

TEFAP supplements the nutritional benefit of low-income persons, including elderly people, by providing them with emergency food and/or nutrition assistance at no cost. The State contracts with 11 food banks to administer TEFAP. Approximately \$12 million worth of commodities are provided to Hoosiers annually through TEFAP. The income eligibility requirement for households in Indiana is set at 185% of the federal poverty level.

Farmers' Market Nutrition Program (FMNP)

The WIC FMNP provides supplemental nutrition and nutrition education to WIC participants through a voucher program. Vouchers are used to redeem nutritious, locally grown fruits and vegetables through Farmers' Markets and roadside stands. Eligible WIC participants are issued FMNP vouchers in addition to their regular WIC benefits.

Women, children, and infants (over the age of one year or who will turn one year by October 1) participating in the WIC program are eligible to participate in the FMNP in Indiana. Each eligible household receives three \$8 checks (\$24). Approximately \$200,000 worth of vouchers are redeemed annually.

Center for Deaf and Hard of Hearing

The Center provides direct services (audiology, assessment, early intervention), information/resources and support to families. To the extent that: 1) our recommendations in assessments; 2) diagnosis and evaluation in audiology, as well as fitting of assistive technology; and 3) coaching of families through a variety of early intervention services, prevent language delays and developmental delays in children we could say that we have a role in prevention.

Our entire Center is focused on children, but it is not a “prevention program” as a bicycle safety program might be considered a prevention program. Here is an excerpt from our Indiana Code that may help explain our role:

Minority Health

EMPOWERED : State Partnership Initiative Grant from the Department of Health and Human Services

Objective 1: Provide a peer education-based intervention to decrease the rate of infant mortality among African-American adolescents and women of child bearing age. “Healthy Before Pregnancy” is the curriculum we have adapted and are using. Understanding the importance of data, EMPOWERED measures success through pre- and post-test methods.

Children’s Special Health Care Services Program (CSHCS)

Provide a direct medical care reimbursement safety-net to families who have children with special health care needs (CSHCN), including payment for diagnosis, treatment, rehabilitative services/referrals, and care coordination

Eligibility criteria

- Birth-21 (Those with cystic fibrosis can apply for the program beyond the age of 21)
- No greater than 250% of the FPL
- Have at least one of the 23 conditions covered by the program
- Be an Indiana resident

Prevention Efforts

- The CSHCS program care coordinators provide services to CSHCS participants and all CSHCN statewide and their families to assist them in meeting the special needs of their child. The care coordinators assess the families’ needs and make appropriate referrals to community-based services, medical services, and other identified service areas. They are also equipped to make referrals outside of service needs. These may include referrals to food pantries, housing, as well as information on support groups and connections to other family support organizations within Indiana.
- The CSHCS program ensures families have access to needed and timely services that often prevent further complications of disabilities and even improve health and quality of life. This includes, but is not limited to: pharmacy medications to improve and maintain health, surgeries needed to improve health, therapies to improve health and function, access to durable medical equipment that improve function, etc.

- The CSHCS program pays for diagnostic testing for certain diagnoses (even for pending cases) in an effort to diagnose individuals early for special needs and to get them into early intervention and other medical services that meets their needs.

Child Fatality Review

Several different, but similar, prevention efforts are being led by our Child Fatality Review program:

Child Fatality Review: Child Fatality Review is a public health injury prevention process that examines the preventability of the circumstances and risk factors involved in a child's death. The overall goal is to improve the health and safety of all children by identifying and understanding the risk factors that place a child at risk for illness or injury.

Fetal-Infant Mortality Review: FIMR is a multidisciplinary case review that assesses, monitors, and works to improve service systems and community resources for women, infants, and families.

Safe Sleep Program: The Safe Sleep Program is an outreach and education program that provides education to caregivers and parents throughout Indiana. It offers materials and resources, including a pack and play crib, to ensure that infants have a safe place to sleep and that those providing care for the infant know how to provide the safest sleep environment possible.

Direct On-Scene Education (DOSE): DOSE is an innovative train-the-trainer program to help eliminate sleep-related infant death due to suffocation, strangulation or positional asphyxia by training first responders to identify and remove hazards in homes while delivering education on-scene during emergency and non-emergency runs.

Water Safety in Residential Neighborhoods (WARN): **WARN** is the only water safety education program that places a strong emphasis on retention pond hazards. WARN was designed as a package which any community educator could easily adopt and implement for adult and youth audiences. It includes a coloring book and other age-appropriate discussion for younger participants and was branded with a mascot and supplemental materials to reinforce the messages. The adult version of the WARN education shares hazards in the home and neighborhood and how caregivers can avoid them and teach their children how to stay safe around bodies of water.

Healthy Families (statewide): In-home program that provides parent education on the five leading causes of infant death, child development, home safety, safe discipline and more.

Daybreak Crisis Home: Specialized respite families keep children safe during short-term family crisis or emergency.

Community Partners (statewide): One on one home-based case management and crisis intervention for parents struggling with issues that could lead to their child being neglected. These issues may include: parental unemployment, unstable living conditions, poor school performance, mental health concerns, domestic violence or other issues.

Family Connections: Group workshops and individual services including court-approved pre-divorce classes, Kids and Divorce workshops, child exchange, supervised parenting time, conflict resolution classes and home/life parent evaluations.

Be SomeOne Now: Provides support and direction to qualified youth, specializing in areas of education attainment and employment. Staff work to break down the barriers preventing young adults from becoming self-sufficient.

Read to Me: Provides preschool books to families who are incarcerated

Maternal and Child Health

Smoking Cessation/Baby and Me Tobacco Free: An evidence-based smoking cessation program for pregnant women, through her child's first birthday

Childhood Obesity CoIIN: The aim of the Pediatric Obesity Mini CoIIN is to increase participation in the Child and Adult Care Food Program (CACFP) and improve retention among current enrollees.

Adolescent and Young Adult Health (AYAH) CoIIN: Through participation in the AYAH-CoIIN, Indiana hopes to identify and implement evidence-based strategies to increase access and the quality of preventive health care visits for adolescents and young adults.

Project LAUNCH: A collaborative agreement between Substance Abuse and Mental Health Services Administration (SAMHSA), Indiana State Department of Health (ISDH) and the Division of Mental Health and Addiction (DMHA) to promote the healthy development of young children through systems integration, collaboration and implementation of evidence-based prevention, and wellness-promotion practices.

Early Childhood Comprehensive Systems (ECCS): The purpose of ECCS is to enhance early childhood systems building and demonstrate improved outcomes in population-based children's developmental health and family well-being indicators using a Collaborative Innovation and Improvement Network (CoIIN) approach. Overall Aim: Within 60 months, the identified community will show a 25% increase from baseline in age-appropriate developmental skills among their community's 3 year old children.

Maternal, Infant and Early Childhood Home Visiting Program (MIECHV): The ISDH and the Department of Child Services (DCS) serve as co-lead partnering agencies on the MIECHV project to improve health and development outcomes for children and families who are at risk. Through MIECHV funds, the state supports implementation & expansion of Healthy Families Indiana (HFI) and Nurse-Family Partnership (NFP) Home Visiting programs.

Nurse Family Partnership: Nurse-Family Partnership (NFP) is a maternal and early childhood health program that fosters long-term success for first-time moms, their babies and society. NFP has been widely researched and recognized for increasing healthcare access and improving health outcomes.

Help Me Grow: The Help Me Grow system builds on existing resources to ensure communities identify vulnerable children and link families to community-based programs and services through the implementation of four Core Components: child health care provider outreach; family and community outreach; a centralized access point; and ongoing data collection and analysis.

Abstinence Education Grant Program: The Title V Abstinence Education Grant Program (AEGP) provides funding for abstinence education, and where appropriate, mentoring, counseling and adult supervision to promote abstinence from sexual activity.

Indiana's Early Start Program: Indiana Early Start is a prenatal care program that seeks to reduce barriers to first trimester care. Early Start triages high-risk pregnant women into care as soon as possible and navigates all pregnant women to appropriate care in a timely manner.

MOMs Helpline: The MCH MOMS Helpline mission is to reduce the infant mortality rate in Indiana by connecting families with access to available resources focused on improving the health of mothers and their children.

Newborn Screening: Blood work, pulse oximetry, and hearing screening completed following birth to diagnosis conditions present at birth which can have life altering effects if early intervention does not occur.

Other Prevention Programs Noted in State:

- Community Partners: Local Prevention Dollars: dollars provided to each county to provide local programs/services to target prevention efforts. Some programs offered include, but not limited to the following:
 - Parenting Education
 - Gear Up
 - Morning for Moms
 - After School Programs
 - Out of School Programs
 - Role Modeling
 - Parents as Teachers
 - School Based Programs: abuse, dating violence, substance abuse

Tobacco Prevention and Cessation: VOICE is a statewide youth empowerment brand, whose initiative is to engage, educate, and empower teens to celebrate a tobacco-free lifestyle. Through a network of youth leaders, VOICE exists to provide resources and branded messaging to support and advance tobacco control efforts throughout Indiana. While not a youth program in the traditional sense, VOICE equips Hoosier teens, ages 13-19 years old, as individuals or groups, with the skills necessary to engage in advocacy efforts online or tangibly in their communities. The VOICE program prides itself on building capacity at all levels with high fidelity to the best practices and values of the public health model. For more information and to connect with VOICE, visit us online at www.VOICEIndiana.org.

Nutrition and Physical Activity: Comprehensive School Physical Activity Programs: A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement. ISDH staff are trained in CSPAP and offer trainings to school leaders each year to develop, implement, and evaluate comprehensive school physical activity programs.

SPARK: ISDH funded School Specialty, Inc. to coordinate and facilitate SPARK trainings throughout Indiana. School Specialty, Inc. is a national organizations that has a comprehensive physical education program that trains staff at the schools and provides curriculum, consultations, materials, and lesson plans. SPARK staff work directly with school staff, specifically on physical activity during physical education; bring equipment, curriculum and training to school staff, and are dedicated to promoting healthier lifestyles for all students in Indiana through health promotion activities. SPARK is a well-known PE Curriculum and ISDH had a waiting list for these trainings.

Walking School Bus trainings: ISDH funded PedNet to implement Walking School Bus workshops throughout Indiana. The workshop curriculum included background to Safe Routes to School at the national and state level, liability and safety issues, Walking School Bus design and policy, a route planning exercise, using large maps and a list of leaders and children, how to market a Walking School Bus program to volunteers and parents, and recruiting and training volunteers

In addition to training, each participant received a PedNet walking school bus training manual in hard-copy and editable electronic formats. Documents in the manual include a PowerPoint for training volunteers, safety information, and marketing materials like brochures and flyers and a background check information for the walk leaders. These are all customizable, so the school or other organizations can simply add their logo and begin using them immediately. Every workshop also included up to 6-hours of technical assistance.

Playworks: We provide funding to Playworks to assist with increasing physical activity through stronger recess implementation. Playworks has a comprehensive recess implementation program that trains staff and volunteers at the schools, provides additional site visits, a playground equipment package, a recess curriculum and a guide with hundreds of ideas. Playworks works directly with school staff, specifically on physical activity during the recess time; brings curriculum and training to school staff, and is dedicated to promoting safe and active play for all students in Indiana one school at a time. Playworks offers different types of recess support: 1) a full-time recess coach is provided to enhance and transform recess and play into a positive experience that helps kids and teachers get the most out of every learning opportunity, 2) an on-site coordinator who teaches, models, and empowers a sustainable recess program for one week out of the to create a safe, inclusive playground for all students, and 3) professional development workshops and consultation to provide the guidance and tools needed to create a positive recess environment for students. Beyond the playground, Playworks supports out-of-school time staff with techniques to create more inclusive and healthy play opportunities for the youth in their programs. Some aspects of School Bus design and policy, a route planning exercise, using large maps and a list of leaders and children, how to market a Walking School Bus program to volunteers and parents, and recruiting and training volunteers

Child and Adult Care Food Program (CACFP): ISDH has been working with IDOE on a project to increase the number of child care providers that participate in CACFP. CACFP is similar to the National School Lunch Program in that it provides guidelines for child care providers to follow regarding what types of foods to offer for meals and snacks. If child care programs follow the guidelines, they can receive reimbursement for some of their food and beverage costs. We believe that if more providers follow the CACFP, children will eat healthier overall. IDOE and ISDH found over 1,000 licensed or registered providers that do not participate on the program and are working on a strategy to encourage additional providers to sign on. This will, again, allow children in child care to eat healthier, thus preventing childhood overweight and obesity.

Food service trainings: ISDH funds Rogers K-12 Consulting to provide trainings and technical assistance to food service providers in schools throughout Indiana. Katie Rogers specializes in teaching school food service operators processes and procedures to encourage healthy food consumption. She has a wealth of experience as a previous food service director at MSD of Decatur Township. She consults on the type of equipment most useful to slice and dice healthy food quickly but also sheds light on strategies to encourage children to choose the healthier items (for example, children are more likely to eat apple slices instead of a whole apple. Healthier food consumption would directly result in lower risk of childhood overweight and obesity.

Brightpoint (all the programs they offer): Brightpoint is in Ft. Wayne, Indiana. Brightpoint helps communities, families, and individuals remove the causes and conditions of poverty. Brightpoint provides services to assist with child and youth development, community investment, family self-sufficiency, and family stability. Services offered to clients include: child care assistance, housing assistance, veterans services, health coverage assistance, utility assistance, and poverty simulation and education. <https://mybrightpoint.org/>

Automotive Safety Program : The Automotive Safety Program at Indiana University School of Medicine, affiliated with Riley Hospital for Children, works to reduce injuries and fatalities resulting from motor vehicle crashes in Indiana. The program provides trainings, resources, and materials to ensure children remain safe in cars. <http://www.preventinjury.org/>

Child Care Resource and Referral: Throughout the state, child care resource and referral agencies (often called “CCR&R”s) provide meaningful learning experiences, quality coaching and ongoing technical assistance to Hoosier providers. We are proud to serve child care resource and referral staff! Connect with us to:

- Exploring high-impact trainings and conferences rooted in research.
- Engage with peers in achieving greater outcomes.
- Pursue a degree or credential program.
- Collaborate with Partnerships for Early Learners staff to align child care resource & referral work statewide.

The program is implemented by different agencies throughout the state, but is overseen by the Partnership for Early Learners. <https://partnershipsforearlylearners.org/get-involved/ccrr/>

Network for Safe Families: Through a partnership with SCAN, we offer this free service to parents with children under the age of 18 in Allen, Kosciusko, St. Joseph, Marshall, Fulton, Cass, Miami, and Howard counties. Our case managers provide intensive one-on-one, in-home services that offer assistance to families. Whether it's a short-term housing crisis, a job search, or family-management and parenting skills, our case managers help families set goals and take the necessary steps to accomplish their goals. Case managers connect families to community resources and provide the education families need on a variety of subjects. <http://lssin.org/our-programs/case-management/>

Healthy Families Celebrate Recovery: Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life. Programs are offered throughout the state. <https://www.celebraterecovery.com/>

Strengthening Families Program (Drug and Alcohol Consortium): The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is delivered in seven parent, youth, and family sessions using narrated videos portraying typical youth and parent situations with diverse families. The program is taught with 7-10 families over seven weeks, usually in the evenings. It is recommended that the group size be smaller when dealing with families where parents have begun to have concerns over the problematic behavior of their youth. <http://drugfreemc.org/strengthening-families/>

*The Strengthening Families curriculum/program is offered by a few different agencies.

ECHO (Education Creates Hope & Opportunity) through Lutheran Social Services: CHO provides one-on-one, home- and school-based case-management services to pregnant and parenting teens. Our goal is to help these teens complete their high school education, either through a high school diploma or GED certificate. Teen parents who participate in ECHO are more likely to develop the life skills necessary to break the cycle of teen pregnancy. Case managers assist clients in setting their own goals and help them work toward reducing barriers—such as child care, transportation, and other life circumstances—that may prevent them from being successful in school—and in life. Currently, we offer services in Allen County. <http://lssin.org/our-programs/echo/>

*This program is offered through other agencies. The survey specifically referenced the one offered by Lutheran Social Services.

Safe Place: Communities all share a concern about the safety and welfare of their youth and search for ways to keep their young people safe. Project Safe Place is a program designed to provide access to immediate help and safety to young people at risk of abuse, neglect or serious family problems. It is a cost-effective program offering youth and their family's access to counseling and effective resolution to their conflicts before their situation escalates beyond their control. Businesses, community buildings and buses are designated as Safe Place sites and prominently display a distinctive yellow and black Safe Place logo. Any youth can walk into a Safe Place and let an employee know that they need help. They are quickly connected with a youth serving agency that can provide the help they need. <http://www.indysb.org/parents-youth/programs/project-safe-place>

Child Protection Teams: A community child protection team is established in each county. The community child protection team is a countywide, multidisciplinary child protection team. The requirement for this team is established by [IC 31-33-3](#)

Chaucie's Place - Body Safety Program for Children: Smart Steps: A Body Safety Program for Children™ is a prevention and education program that teaches elementary school-aged children that their bodies belong to them, it is okay to say "NO!" to unwanted touches from anyone, to tell a trusted adult, and abuse is never their fault. These messages of empowerment will affect these children for a lifetime, as well as their friends and siblings, and their own children one day. <http://chauciesplace.org/smart-steps>

Homebuilders: The Homebuilders intensive home-based program provides services to families involved with the Department of Child Services (DCS). When DCS believes there is imminent risk of removal, Homebuilders comes in intensively for approximately a month to assess, reduce/eliminate safety concerns, and teach needed skills to the family to prevent children being placed in foster care.

1-800-CHILDREN: Prevent Child Abuse Indiana's 1-800-CHILDREN Helpline is an information and referral line answered by Connect 2Help 211 for people who are concerned about the healthy development of children and the prevention of child abuse and neglect. Callers can talk to a trained individual who cares and wants to help. <http://pcain.org/take-action/1-800-children/>

Hannah's House: Hannah's House, located in Mishawaka, IN, provides a safe place for pregnant teens to live during their pregnancy was first recognized by staff from Women's Care Center. <http://maternityhomewithaheart.org/>

Logan Center: LOGAN supports people with intellectual and developmental disabilities so they, and their families, may achieve their desired quality of life. The Logan Center is located in South Bend, IN. <http://www.logancenter.org/>

Indiana Professional Management Group: IPMG provides case management services for Individuals with developmental and/or intellectual disabilities who participate in Indiana's Home and Community Based Services Program (HCBS) through the Family Supports Waiver (FSW) and Community Integration and Habilitation Waiver (CIH). The purpose of this program is to provide individuals who might otherwise be faced with institutionalization with access to community-based services and supports that are important to them and that are provided in a manner that respects their personal beliefs and customs. If you do not currently receive waiver services, you may apply for them through your local Bureau of Developmental Disabilities Services (BDDS) field office.

IPMG provides services statewide, in every county in Indiana. Our case managers live in or near your community and are therefore able to link you to valuable local resources and to assist you with becoming a valued member of that community. If you would like to work with IPMG, you need only notify your local BDDS office, and a referral will be sent to us letting us know of your choice. We accept all referrals and do not discriminate in any way among those who have chosen us. We further ensure that our services are accessible to everyone. We will provide American Sign Language (ASL) interpreters as needed and materials that are appropriate for Individuals who have visual impairments. We can also provide Spanish-speaking interpreters. <http://gotoipmg.com/>

CMHI/CMHW: Indiana has made significant strides in improving outcomes and mental/behavioral health service delivery options for youth and families since its implementation of the Community Alternatives to Psychiatric Residential Treatment Facilities (CA-PRTF) Demonstration Grant in 2008. The grant served 1,646 youth through local, community-based sites. Intensive community-based wraparound services were provided by DMHA-certified Wraparound Facilitators dedicated to delivering services according to Wraparound principles and within a System of Care philosophy.

DMHA continues to seek out and provide intensive home and community-based Wraparound services for youth with a serious emotional disturbance (SED) and their families:

Psychiatric Residential Treatment Facility (PRTF) Transition Waiver- a federally funded waiver intended to provide the continuation of intensive home and community-based wraparound services for youth enrolled in the CA-PRTF Demonstration Grant when it terminated in September 2012. This program is accepting no new enrollees.

Money Follows the Person-Psychiatric Residential Treatment Facility (MFP-PRTF) Demonstration Grant- a federally funded program intended to provide support and intensive home and community-based wraparound services for youth discharging from an institutional setting and transitioning back home. Youth must meet specific eligibility criteria to qualify for services. 1915(i) Child Mental Health Wraparound (CMHW) Services- this federally funded state plan amendment is a state plan amendment that Indiana is pursuing through the Centers for Medicare and Medicaid (CMS) and state rule promulgation. The service program, if approved will provide intensive home and community-based wraparound services for youth and families meeting specific eligibility criteria. CMS approved the state plan amendment in September 2013 and rule promulgation activities are in process. It is anticipated the program will be available for youth and families in state fiscal year 2014. Children's Mental Health Initiative (CMHI)- a collaboration between the Indiana Division of Mental Health and Addiction (DMH) and the Indiana Department of Child Services to provide intensive home and community-based wraparound services for youth and families without funding. Indiana State Adolescent Advisory Council for Youth (STACY)- a federally funded, locally managed program for youth who are in need of substance abuse treatment, but who are unable to afford it?
<https://www.in.gov/fssa/dmha/2753.htm>

First Steps: Mission is to ensure that all Indiana families with infants and toddlers experiencing developmental delays or disabilities have access to early intervention services. Families with children ages birth to third birthday who are experiencing developmental delays and/or have a diagnosed condition that has a high probability of resulting in developmental delay may be eligible for First Steps services.

Children's Bureaus: Children's Bureaus identify and address issues that threaten families' abilities to remain together. They do so through providing families with professional support and community resources to eliminate issues that lead to entry into the child welfare system. They work with families who find themselves in the "system" to meet the goals required to keep their children. They recruit and strengthen foster and adoptive homes, and they mentor older youth transitioning from foster care to independent living. Some also have Father Engagement Programs.

Kinship Care Programs that either formally or informally assist relatives who are raising relative children.

Indiana Institute for Working Families: The Indiana Institute for Working Families – a program of the Indiana Community Action Association (INCAA) – conducts research and promotes public policies to help Hoosier families achieve and maintain economic self-sufficiency.

Connect 2Help 211: Connect2Help211's mission is to facilitate connections between people who need human services and those who provide them. They have an extensive database of local and statewide resources to provide to the community as well as service providers. They also assist clients with eligibility information, what to expect and information on what documentation is necessary when applying for help.

The Office of Early Childhood and Out-of-School Learning: This agency oversees early child care, education and out-of-school-time programs. They desire a strong network of Early Care and Education and Out-of-School Time programs that support the child, the family and local schools.

Head Start/Early Head Start: Head Start is a federal program for children under the age of 5, and it “promotes school readiness by enhancing cognitive, social, and emotional development”. The children that are served generally come from low-income families. Early Head Start serves infants and toddlers, as well as pregnant women who have incomes below the federal poverty level. Early Head Start was created due to the mounting research around infant brain development.

Prevent Child Abuse Indiana Prevention Councils (statewide): Councils primarily consist of volunteers who bring the message of primary prevention to their local communities. They can provide education, advocacy, and expertise around the area of child maltreatment and prevention